



Information around the Ayurveda Treatments

Upon Arrival

We are so glad to welcome you as our Ayurveda guest. Now we want you to start to relax. The first day you will get a shorter welcome treatment. Depending on your arrival time, the doctor will come for the first consultation. The doctor will make a diagnosis and then talk with you about your goals for the stay. After that your personal treatment plan will be designed and explained.

Daily Structure

You will be quite busy doing an Ayurvedic Treatment. Daily you will have three meals, yoga, treatments and meditations. We recommend you to try to do as little other activities as possible. Now is time for you and your process. It's about setting yourself as a priority.

What kind of treatments can you expect?

According to your personal state, a different selection of the below treatments will be done:

Head Massage

Head and neck massage with oils, which increase the blood circulation to the brain and thereby enhancing the cranial activity.

Face Massage

Gentle oil or herbal cream massage relax facial muscles and improve muscular tone.

Full Body Massage

The body is massaged with oils to promote relaxation, improve circulation and to release toxins.

Foot Massage

Massaging the pressure points. The foot is massaged to stimulate inner organ activity, improve circulation and to release toxins.

Shirodara

A continuous light stream of oil is poured on your forehead. This treatment leads to deep mental and spiritual relaxation. It is applied for any kind of neurological disorder such as insomnia, hypertension and more. This is balm for your soul. This treatment is repeated for some days. The doctor will decide the number of days, which is recommended for you. During these days, strongly advice you to do nothing. That means, very little if any reading, talking, using electronic devices. The idea is to be with you.

Nasya

Cleaning of the nose and sinus areas. A few drops of special oils or special powders are put out into the nostrils. This loosens hardened mucus deposits and you will have a clean nose. This treatment can help for headache, skin problems or some neurological disorders.

Herbal Massage

Massage with either a dry or a wet paste, similar to a body scrub. This treatment is especially good for weight loss.



Thermo Massage

You will first get a massage with oil and then the therapist will pat down the skin with a small bag made out of cotton, containing a mixture of herbs and milk rice. This treatment stimulates circulation and detoxification, thereby reversing the aging process.

Shirovasthi

At Shirovasthi lukewarm herbal oils are applied in a cap on the head. During 15 to 60 minutes, the herbs are able to have a healing effect on the head. The treatment is effective for patients with facial paralysis, migraine, dry mouth, problems with throat and respiratory system.

Kati Vasti

A ring of herbal paste is formed and placed over the area on the lower back that is to be treated, and then filled with warm medicated oils, that are left for ca. 20 minutes. The treatment is used for spine diseases, back pain, herniated disc and sciatica.

Vasti

In this process, a decoction of vegetable oils and herb extracts is administered through the mastdam, which leads to defecation. The treatment is laxative and beneficial for arthritis, paralysis, hemiplegia, stomach problems and chronic constipation.

Gargling

A medicated oil or herbal decoction is held in the mouth and then gargled. Highly beneficial for ear, nose and throat disorders. This treatment improves your voice qualities.

Oil Ring Treatment

Warm medicated oil is kept over the chest for 20 minutes. It is an effective treatment for asthma and other respiratory problems, heart disease and chest pain.

Acupuncture

Acupuncture comes from the Chinese medicine. In this treatment fine needles are inserted in the skin at specific points along what are considered to be lines of energy (meridians). Acupuncture has the benefits of reduced stress, reduced back pain, neck tension, relieve joint pain in the hands and arms, relief from headaches, improved immune system, enhanced mental clarity and increased energy, relief from digestive conditions, allergy relief.

Virechana

Virechanam is a laxative treatment: The ingestion of certain medicinal herbs causes a diarrhea reaction. No breakfast this day. At the time agreed with the doctor, you take the medicine. After that relax and drink as much hot water as possible, especially after each bowel movement. The laxative could start to work after one hour. You will feel a bit tired. Please note the number of bowel movements and the consistency. Use the whole day to relax and avoid physical activity. Shower with warm water. In the evening you will be served a light meal. If you have any problems, please call us. Do not expose yourself to direct sun, strong winds or the rain. The treatment is effective for nausea, jaundice, fever and inflammation of the skin caused by accumulated bile secretion.